



Sleeping Beauty Worksheet – For Year 3 & 4

HAVE YOUR CHILDREN ANSWER THESE QUESTIONS IN CLASS AS AN ACTIVITY TO RE-INFORCE THE VALUES OF THE SHOW

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1. What were three great things about the Alpha show, Sleeping Beauty?

2. What was something that you didn't like or thought could be better?

3. Why did Jamie not feel like he could go and rescue Rose straight away after Maleficent took her to her castle? What were some of the things that Jamie and the Fairy and Andy did to help him feel more Confident? How would you try those same ideas and methods to feel more confident in your life?

4. Remembering how Veg and Mite were different, what happens when you suck up to mean people, like Mite did? Even though she thought she was doing the right thing by obeying Maleficent, was it really the right thing to do? Veg seemed a bit 'naughtier' but in the end, what was his choice? Did he help Jamie or Maleficent? If you were in that situation, which side would you have chosen? Why?

5. Rose and Jamie had a dream to be more than they were, and to make life more than just about themselves. What is something that you dream about, that you now want to make sure happens in your life one day? What will it look, sound and feel like when you get it?



6. Why was Maleficent so crazy & mean? Why do you think she wanted to hurt Rose? Do you think she would've been happy if she had got what she wanted and everyone else suffered?

7. The show subtly taught that having fun and yelling out and using your physiology (body) in ways that create what we call a 'peak state' is a great way to live life. So what other area of your life do you think you could apply this technique to? Perhaps an area where you sometimes become stressed or frustrated.

8. How much more fun and more fulfilled and happy would your life and this situation be if you were to use your body, voice, the focus of your mind, and the questions you ask in similar ways like you did during the show? What difference would it make to your life now and in the future?

9. What would that look, sound and feel like?

10. Who was the character that you are the most similar to, or someone who you look up to? Why do you want to be like that character? If you were just like them, do you think you would get what you want in life? Why?

Don't forget to write to your favourite character on the internet! Just go to <http://www.alphashows.com.au> and click on 'KIDS!'